



Village News



Embrace the possibilities

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MAY 2022

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Notes from the Administrator

April showers Bring May Flowers

I am pleased to introduce to you two new faces on the Oakland Woods Team:

- Randall Shannon, the new Oakland Woods Groundskeeper. Randall has been working over the past 20 weeks on a Grounds Maintenance and Landscaping program at Michigan Career and Technical Institute and is also working on a MDARD Pesticide Applicator Certification. ***See the Maintenance News page for an introduction from Randall.***
- Stephanie Daniel, the new Oakland Woods Receptionist. Stephanie has several years of customer service experience from previous positions at Oakland Primary Health Service as an Administrative Assistant and as a Loan Analysis at Flagstar Bank. Stephanie is a graduate from Pontiac central and has been a Pontiac native for much of her life. ***In June, you will want to see the Office News page for an introduction from Stephanie.***

Randall and Stephanie, we are beyond excited to have you on the team and I am very excited to see the ideas that you will be able to bring to the Oakland Woods Campus and to PVM.

Speaking of June, please save the date for an exciting demo from Labrador Systems on ***Friday June 3 at 12:00pm***. Some of you may be familiar with Labrador already. For those who are not, you can find out more information about Labrador by visiting:

<https://labradorsystems.com/>

I am very excited to have this demonstration on the campus and truly hope that you can join us. There will be light refreshments offered and you will see flyers with more information to come on this event between now and then.

Have a great month, all.



The Village of
**Oakland
Woods**

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Office News

Sharon Benton
Administrative Assistant

Hello residents

As we approach the upcoming summer months, many of us will be outside and be more active. Which brings to mind, that we should have our Personal Help Buttons working properly. Our buttons are serviced by our IT department from home office. They receive a signal when your buttons battery is low or not working. It is important for us to have your button serviced when IT requests it. When there is a request for you to bring your button to the office, please give it your best shot to get it here on time. However, we do understand that some situations will not allow you to bring in your button. For those instances, please place your button on your door, and call the office and let them know, and we will pick them up. Your buttons are serviced and usually ready for pickup the same day after 3:00 pm. We have had quite a few buttons left at the office and not picked up. Once IT has completed the day of service, it is usually 2-3 months before they come out again. So, once again, please make sure you get your buttons serviced.

Okay, enough about the buttons! August recertification's will be arriving to all August residents in the next week. Please return to the office by the date requested or before. For anyone that has a GM pension letter, please request it immediately. We have been having some issues with this process, so be specific, and request a pension benefit letter, not a monthly deposit slip. If you need help, just call the office, and we can set up a time to do it together.

Thanks to everyone for the decrease in envelopes with their rent checks.

Have a great spring and summer.



Sales and Leasing News

Taylor Webb
Sales and Leasing Specialist

Hey there, residents! It's exciting to see how the April showers are bringing us some May flowers!

The month of May also brings us the opportunity to get outdoors and enjoy the beauty of our Oakland Woods campus!

We have such beautiful grounds here at The Village, with plenty of paths for taking a leisurely stroll or getting your steps in for exercise. Our campus also offers the uniqueness of a scenic, quiet, wooded community right here in the bustling city of Pontiac. For those who enjoy watching wildlife, the deer, turkeys, bunnies, squirrels, and birds that call Oakland Woods home are an additional unique attraction of our campus! I hope you can take time to get outside and enjoy our beautiful neighborhood this season – our walking club is a great way to do just that!

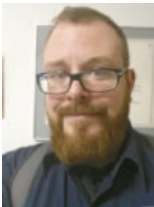
Though the Oakland Woods grounds are lovely, this month we especially want to highlight our lovely ladies residing here as we approach Mother's Day on May 8th!

We realize that being a mother takes all different forms; some of our ladies have been loving, caring for, and nurturing people all their lives, and we want to celebrate that!

For all of our ladies at Oakland Woods, we will be giving out small gifts of appreciation **Friday, May 6th** to remind you all of how special you are to us!

We ask that if you are able, please come to the Community Center May 6th to pick up your gift between 9am and 2pm. For residents who would be interested in delivering gifts to their neighbors on this day, please call the office to let us know!

This campus and all of our residents are truly what makes Oakland Woods a great place to call home!



Maintenance News

Matthew Myers
Maintenance Lead

Happy spring, residents!

In maintenance news we've added our first groundskeeper to the maintenance team and I'm happy to announce that Randall is a good fit for our family here at the Village of Oakland Woods. Don't be afraid to stop and say hello to the new groundskeeper but it's important to remember that he does not take work orders, but will be happy to investigate any outdoor messes you'd like to point out.

Other maintenance news for this year is that our islands are now supplied with sprinklers! Look forward to seeing Miller landscape installing flowers in the islands and those flowers staying beautiful and hydrated all growing season.

The time for inspections are upon us. With the many projects in queue we've asked Mike King, maintenance director of PVM to come and give us a hand. Working around his schedule means that I cannot lay out exactly when everyone's inspection will be, but when possible I will give you weekly notice, and as always 24 hour notice and reminder in paper on your door as stated in your lease. Also if this stretches into multiple months I'll update the village in the newsletter to tell you where we're at and where we're expected to be. Currently Area 1 should prepare themselves and their units for inspection. Area 2 will be next and so on.

Remember that when preparing for an inspection that your utility closet should be totally accessible for your inspector! Other important things to remember is that if your "egress windows" are blocked you'll be asked to move them to be within the terms of your lease. Egress windows are windows that a person could escape in the event of a fire and include patio glass doors in apartment living rooms, and windows in bedrooms when there is only one. Take good care of yourselves!



MEET RANDALL

Hello my name is Randall Shannon. I just graduated from the Grounds Maintenance/Landscaping at Michigan Career and Technical Institute (MCTI). I am looking forward to meeting all of you. I like classic car events especially the Woodward Dream Cruise. I also like baseball and my favorite teams are the Boston Red Sox and The Detroit Tigers.

Service News

Sue Carney
Service Coordinator

Welcome May!

Time is flying by. Here it is May already. It has been so nice having some activities and seeing everyone's smiling face. If you have not yet joined into any activities, check out the calendar and come join in.

We are offering free blood pressure check beginning every Tuesday in May at 1 p.m. We have 2 different wonderful providers, Home MD and Care Team. There will be free blood pressure and sometimes sugar testing and some educational presentations. Hope you come check these programs. Take charge of your wellness!

- Back by popular demand...."Name That Tune", with Lerone. **Thursday May 12** at 12, noon. Come join in the fun and test your musical memory skills.
- If you are interested in getting your groceries delivered through Meijer and the Shipt program, come to the meeting **Monday May 9th** at 1 p.m. Shipt, is a service that takes the hassle and hustle out of grocery shopping, by shopping remotely & have your groceries delivered to you.
- In honor of Memorial Day May 30, we will have a special table set up on **Tuesday May 24**. If interested, please bring in any pictures or remembrances between May 16 and the 23, of any loved one who served in any branch of the services. We will be having coffee and donuts available from 8 a.m. to 11 a.m. Bring you picture or remembrance to Jessica, our wonderful wellness coordinator.
- I wanted to wish all of our lovely ladies, "a Happy Mother's day", **Sunday May 8**. May you have many blessings and have a peace filled day.

Lastly, remember to sign up for activities in the sign up book and remember to Always Be Patient & Kind to Everyone, you never know what someone is going through.

Have a great month and year!



Wellness News

Jessica Roberts
Wellness Coordinator

Happy May! As we look forward to some consistently nice weather, we have much to look forward to on this month's calendar!

We are starting off the month with a **Health Promotion Kickoff Event on Monday, May 2nd** where a team representing Wayne State's research on Functional Aging and Mindfulness for Seniors (FAMS) will introduce us to their new partnership project with PVM!

This partnership will include 12 weeks of free fitness classes Mondays and Wednesdays at Oakland Woods coupled with a mindful eating educational session at the end of each class. The kickoff event will provide information about these classes and the research behind it so that you can participate in and learn more about healthy living through nutrition and exercise.

Registration for the classes will be held at the kickoff event on May 2nd. Hope to see you there!

Not only will you have more opportunities for improving fitness here at Oakland Woods this month, but you will also see many more dimensions of wellness featured on our calendar!

On **Friday, May 13th**, we will introduce the **launch of our Resident Wellness Representatives** at the Village of Oakland Woods! We will be hosting an event for this launch so that you can learn about how YOU are a valuable part of wellness promotion in our community!

At this event, we will be presenting opportunities for you to be involved in connecting with other residents; promoting engagement and participation in daily life; and sharing time, skill, and resource within our community. Wellness is all about YOU engaging and participating in things that bring you life -so **join us on the 13th for more information!**

Alongside these new opportunities, we will be restarting some familiar activities this month such as

- **Morning Social on Tuesdays** - a time to enjoy coffee together and Wii bowling
- **Walking Club on Thursdays.**
- Our traditional **Birthdays and Bingo event** will continue **every 3rd Friday of the month** with some fun surprises! And it's all FREE!! The first hour of this event is a PARTY where we will enjoy some entertainment/special guests as well as pizza and the unique dessert creations of our very own leasing specialist, Taylor! The second hour will include the chance to win prizes at Bingo and take part in a competition to win more freebies. **Bring your friends and neighbors** for greater chances of winning AND even greater fun partying together!

With more engagement opportunities for social, emotional, physical, mental, and spiritual well-being, my hope is to continue to develop our emphasis on overall health and wellness here at Oakland Woods!

You can **call or visit me at my office Monday/Wednesday/Friday 8-4pm and Tuesday/Thursday 8-2pm** to schedule a **one-on-one wellness visit** to learn how to develop your personal wellness for a more full, engaged life!

Wellness
happens at
**THE VILLAGE OF
OAKLAND WOODS**

Resident Council News

Becky Bolden

Resident Council Vice President

Resident Council Board

Becky Bolden, *Vice President*

(248) 766-3684

Vernice Harper, *Secretary*

(248) 882-5340

Joyce Parlor, *Treasurer*

(248) 210-5678

Hello Neighbors,

I believe we are well on our way into Spring!

Soon there will be no hiding under any winter garments. I will be honest with you between COVID and a rather sedentary winter schedule, I would love to drop a few pounds and improve my energy level. After seeing our **new Wellness Coordinator** in action, I'm beginning to get excited to improve my health, again. If anyone has not taken the time to experience a few sessions with Jessica, I strongly recommend that you do...it will be life changing.

Speaking of health....Vernice Harper, **The Village Chorus'** Director would like to remind you of some health benefits associated with music and singing:

- Singing improves lung function
- Singing improves memory
- Music fights depression

These are just a few positive things you will notice besides interacting with a fun group. So, you are all encouraged to come out on Wednesdays at 11 a.m. to help us keep music and singing alive on our campus.

Happy Mother's Day to all the Mothers! It's a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in our society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May.

And finally, **Memorial Day** is celebrated on the last Monday of May commemorating men and women who died while serving in the United States Armed Forces. We salute all the Armed Services families represented here at our Village



Birthday Celebration!

The Birthday Party will be held on **Friday, May 20**. Join us in the community room at 1:00pm for refreshments, bingo and prizes!

Glenetta Jenkins	5/4
Robert Robertson	5/6
Barbara Pryber	5/6
Lou McIntyre	5/13
Mary Hardiman	5/15
William Terry	5/15
Patricia Friend	5/18
Barbara Ridley	5/20
Riley Blue	5/21
Felicia Hollis	5/22
Debra Mack	5/22
Ken Klimek	5/26



***Don't forget to "Like"
The Village of Oakland
Woods on Facebook***

Mon- Friday 9AM to 6:00PM

Saturday 10AM to 3PM

(248) 333-0222

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15-0811

May 2022



"Keep your face to the sunshine and you cannot see a shadow."
- Helen Keller

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 11-12pm - Health Promotion Kickoff Event Featuring WSU FAMS Program	3 8-11am - Morning Social 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic	4 10-11am - Functional Fitness with Rob 11pm - Village Chorus 1-3pm - Walmart Grocery Trip	5 12-3 pm - Cinco De Mayo Party! 1pm - "Brainerize" Homework	6 10-11am - Fitness Foundation with Jessica 11-1pm - WSU Health Promotion Surveys	7
8 MOTHER'S DAY	9 10-11am - Yoga with Michelle 12-2pm - Shipt Grocery Service Seminar 2-3pm - Care + Connect Gathering	10 8-11am - Morning Social 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic	11 10-11am - Functional Fitness with Rob 11pm - Village Chorus 1-3pm - Shipt Order Delivery	12 10-11am - Walking Club 12-1pm - Name that Tune 1-2pm - "Brainerize" Class Fruits/Vegetables	13 10-11am - Fitness Foundation with Jessica 1-3pm - Resident Wellness Reps Launch Event	14
15	16 10-11am - Yoga with Michelle 1-2pm - Weekly Wellness	17 8-11am - Morning Social 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic 2pm - Resident Council	18 10-11am - Functional Fitness with Rob 11pm - Village Chorus 1-3pm - Hollywood Grocery Trip	19 10-11am - Walking Club 11-2pm - Comcast Internet Essentials Info Session 1pm - "Brainerize" Homework Focus Hope Boxes	20 10-11am - Fitness Foundation with Jessica 1pm - Birthdays and Bingo	21
22	23 10-11am - Yoga with Michelle 1-2pm - Weekly Wellness 2-3pm - Care + Connect Gathering	24 8-11am - Morning Social with Memorial Day Commemoration 10-11am - God's Word and Prayer 1pm - Blood pressure/Care Team	25 10-11am - Functional Fitness with Rob 11pm - Village Chorus 1-3pm - Shipt Order Delivery	26 10-11am - Walking Club 1-2pm - "Brainerize" Class	27 11 - 3pm Bus Trip to Partridge Creek Mall	28
29	30 MEMORIAL DAY Office Closed	31 8-11 am - Morning Social 10-11am - God's Word and Prayer 1pm - Blood Pressure Clinic				

Large Calendars are Available at the Activities Table

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

Office Number

(248) 334-4379

Village Staff

Jon Hayes

Housing Administrator

Sharon Benton

Administrative Assistant

Stephanie Daniel

Receptionist

Taylor Webb

Sales and Leasing Specialist

Sue Carney

Service Coordinator

Jessica Roberts

Wellness Coordinator

Matthew Myers

Maintenance Lead

Randall Shannon

Groundskeeper

EMERGENCY MAINTENANCE

(248) 330-0213

On-Site Security

(313) 742-0285



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

Embrace the possibilities

Pontiac, MI 48341-3145

420 S. Opdyke Rd

A Mission of Presbyterian Villages of Michigan

A SENIOR LIVING COMMUNITY

**The Village of
Oakland Woods**

